

## **FLORAL ARRANGING CLASS WITH BABARA MULFORD**

Barbara Gage-Mulford will be presenting a Floral Arranging Class at the senior center on Thursday, April 21<sup>st</sup> from 9:30 to 11:30 a.m. Floral arranging classes are designed for novices and beginners. Participants in this class will bring home a beautiful medium-sized fresh cut flower arrangement – great for brightening a day or for gift giving. Classes will be in a relaxed, fun atmosphere with instruction. Participants are not required to bring anything but enthusiasm. This class is being offered free of charge and we will provide fresh cut flowers, clean recycled vases and tools of the trade. We have a limited amount of spaces available, so please call the senior center at 508-543-1252 to sign up in advance.

### **Monday, March 28**

Coffee Connection 8:30 a.m. to 3:30 p.m.

Jay Barrows Office Hour 9:00 a.m.

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Scrabble 12:30

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

Meditation & Relaxation 1:00 p.m.

Rewind Video Series 2:30 p.m.

### **Tuesday, March 29**

Coffee Connection 8:30 a.m. to 3:30 p.m.

Stretch & Balance 8:30 a.m.

Coffee with Chris 9:00 a.m.

Manicures by appointment 9:00 a.m.

Zumba Gold 9:45 a.m.

Nutrition 11:00 a.m.

Talespinners 2:00 p.m.

### **Wednesday, March 30**

Coffee Connection 8:30 a.m. to 6:00 p.m.

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Line Dancing 11:15 a.m.

Computer Class 11:30 a.m.

Coffee with the Town Manager 12:30 p.m.

Luncheon Outing at The Chateau 1:00 p.m.

Colorist Club 2:00 p.m.

Social Security Program on Retirement Planning – 4:30 p.m.

### **Thursday, March 31**

Coffee Connection 8:30 a.m. to 3:30 p.m.

Art Class with Barbara 9:30 a.m.

Chronic Pain Self- Management 12:00 noon

### **Friday, April 1**

Coffee Connection 8:30 a.m. to 12:00 noon

Stop and Shop 8:30 a.m.

Aerobics 9:00 a.m.

Cribbage 10:15 a.m.

Card Making Class 10:30 a.m.

## **SPECIAL PROGRAMS**

### **SOCIAL SECURITY RETIREMENT PLANNING**

Cathy Leblanc, Public Affairs Specialist from the Social Security Administration, will be at the senior center on Wednesday, March 30<sup>th</sup> at 4:30 p.m. to present a program on Retirement Planning. This program is open to the public, so please join us for this opportunity to have your questions answered directly by a representative from Social Security. Please call us at 508-543-1252 to sign up in advance for this program.

### **FOOD FOR LIFE NUTRITION & COOKING CLASSES**

The Foxborough Council on Aging and Human Services is pleased to offer the 4-part series of classes in the Food for Life Program to be held at the senior center on Wednesday afternoons, April 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup>, from 4:00 to 6:00 p.m. Food for Life is an award-winning Physicians Committee for Responsible Medicine (PCRM) program designed by physicians, nurses and dieticians that offer cancer, diabetes and weight management classes that focus on the life saving effects of healthy eating. Certified Nutrition and Cooking Instructor Rose Lee will provide information about foods that promote health, along with cooking demonstrations and simple recipes you can try at home. The first class on April 6<sup>th</sup> is an "Introduction to How Foods Fight Cancer" and in this class you will learn about the right food choices that can help reduce the risk of developing cancer as well as overcome the disease after it has been diagnosed. These classes are free. If you're interested in this program, please sign up for this series of 4 classes. Space is limited and reservations are required, so please call the senior center at 508-543-1252 to register in advance.

### **CHRONIC PAIN SELF MANAGEMENT WORKSHOPS**

If you live with back pain, neck pain, fibromyalgia, headaches, osteoarthritis, arthritis, diabetic neuropathy or other long-term conditions, join us for a 6-week workshop starting on Thursday, March 24<sup>th</sup>. There will be a series of 6 weekly workshops held at the senior center as part of the Chronic Pain Self-Management Program. This is an evidence-based program and is funded by a Title 3D grant through HESSCO. The courses are being held from noon to 3:00 p.m. on the following Thursdays: March 24 and 31, and April 7, 14, 21 and 28. A catered free lunch, plus incentives will be included for all participants. We have started a waiting list for these workshops. If you're interested in participating, please call us at 508-543-1252 to sign up.

### **SERIES OF THREE ART CLASSES WITH BARBARA MULFORD**

Join us for a free, 3-part series of drawing and painting classes at the senior center with instructor Barbara Gage-Mulford. These classes are designed for both novices and skilled artists. Because we view art as an expression of color, light, shape and texture, the classes are suitable for even those with unsteady hands. Classes will be in a relaxed atmosphere with instruction and a still life to draw/paint. There is no need for students to bring materials, but you are welcome to bring your own materials to class if you'd like. The classes will be held on Thursdays, March 31<sup>st</sup>, April 7<sup>th</sup> & 14<sup>th</sup> from 9:30 to 11:30 a.m. There will be a limited number of openings for the class and all participants must sign up in advance by calling the senior center at 508-543-1252. You should let us know if you will be bringing your own materials or would like the materials to be supplied by the instructor. All participants have a choice of up to 3 mediums to work with and they are: graphite/pencil, charcoal, pastel, watercolor or acrylic. The classes will be taught at the beginner level with both group and individual instruction. Topics include composition, layout, sketching, colors, color mixing, application techniques for the different media and framing methods of your finished artwork.

### **LINE DANCING CLASSES WITH JEANNE AND FAYE**

It's time to get moving again and do some dancing! Our line dancing instructors Jeanne Bonneau and Faye Sullivan will be back once again to lead us through some line dancing steps. The steps are uncomplicated and the classes are always lots of fun. According to the New England Journal of Medicine, dancing offers us protection against dementia by helping us to create neural pathways by integrating several brain functions at once, increasing connectivity. So, in other words, you'll be improving your brain power while getting some great exercise. Line Dancing classes will be held at the senior center from 11:15 a.m. to 12:15 p.m. on the following Wednesdays: March 30, April 2, 9, 16, 23 and 30. Class size will be limited, so please call the senior center at 508-543-1252 to sign up.

## **REWIND**

Every Monday afternoon at 2:30 p.m. we'll be showing videos from our own video library. On Monday, March 28<sup>th</sup> at 2:30 p.m., our video will be the "History, Humor and Hospitality" program with guest speaker Alison O'Leary.

## **JAY BARROWS' OFFICE HOURS**

State Representative Jay Barrows holds office hours at the senior center on the 4<sup>th</sup> Monday of every month at 9:00 a.m. His next visit will be on March 28<sup>th</sup>. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

## **MANICURES**

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, March 29<sup>th</sup> beginning at 9:00 a.m. for 20 minute appointments. Sheri uses OPI products. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great.

## **COFFEE WITH CHRIS**

Do you have any questions about our upcoming day trips and overnight trips for 2016, or are you interested in finding out about some of our upcoming programs? Chris Shewry will have a coffee hour on the last Tuesday of each month at 9:00 a.m. to share trip information and flyers in the Coffee Connection at the senior center. The next Coffee with Chris will be held on March 29<sup>th</sup>. This is your chance to find out about some of our upcoming programs and trips and share some ideas. So come join Chris for a cup of coffee and talk about what's up for 2016.

## **COFFEE AND CONVERSATION WITH OUR TOWN MANAGER**

Come join us at the senior center for some "Coffee and Conversation" with our Town Manager Bill Keegan on Wednesday, March 30<sup>th</sup> from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss issues that may be concerning you about our town. Find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1252 to let us know if you'll be coming.

## **RELAXATION AND MEDITATION SERIES**

We've had great success with our series of Relaxation and Meditation Workshops held at the senior center, so we're adding an additional 4-week session to be held on the following Mondays: April 4<sup>th</sup>, 11<sup>th</sup>, 25<sup>th</sup> and May 2<sup>nd</sup> from 1:00 to 2:00 p.m. This series is open to all even if you've already taken part in one of our past sessions. Each session will be led by our Chair Yoga instructor Michelle Lawlor. We'll do some adult coloring which is part of a new therapeutic model to relieve stress and which is an activity that has been found to be soothing, comforting and surprisingly relaxing. The meditation portion of the program is about training your brain to bring your thoughts and feelings into awareness: it's about examining who you are and your place in the world; it teaches you to appreciate every moment for what it is. Come join us as we work to get our minds into shape. Class size for the Relaxation and Meditation Workshops is very limited, so please call us at 508-543-1252 to reserve your spot. Please bring your own coloring book.

## **LOCK BOX SAFETY PROGRAM**

Lt. Andrew Puntini, Foxborough Fire & Rescue, and Vicki Lowe, Foxborough Council on Aging and Human Services, have collaborated to offer Foxborough residents a new safety program. We will be offering small, secure lock boxes that can be installed on the side of your home. The lock box will hold a key to your residence. Fire & Rescue emergency personnel can access your house key through the lock box to enter your home in case of an emergency where you are unable to answer the door. There is a special unique key that opens the box that is only available to emergency personnel. This specialized key cannot be duplicated; it is copyrighted, and is very secure. This lock box program is similar to the procedure used by public safety

personnel for all of the commercial buildings in town. Foxborough Fire & Rescue safety vehicles, including ambulances, have this specialized key that opens all of the lock boxes in Foxborough and the Fire & Rescue personnel are the only ones who have access to the lock box keys. Foxborough Fire & Rescue and the Council on Aging & Human Services have pooled funds through grants and other resources to buy the lock boxes and Fire & Rescue will install the lock box free of charge. For those who would like to donate to the program, there is a one-time suggested donation of \$35. Your donation will be used to fund the program to buy more boxes and the boxes will remain the property of the Town of Foxborough. When you are no longer in need of the box, the Foxborough Fire Department will remove it to use for future requests. This program is free to any senior or other resident who is alone or who is unable to get to the door in the event of an emergency; there are no monthly fees or installation fees; emergency responders will have immediate access to your key which saves valuable time during an emergency and there is no risk of damage to doors and windows, and; the lock box is UL listed against physical attack and it is virtually impossible to break into the box. Our goal is to improve the quality of life for our residents and help reduce concerns about physical safety. If you are interested in participating in the Lock Box Safety Program, please call Pam McGuire at the senior center at 508-543-1252.

### **TRAVEL INFORMATION**

#### **TRIP TO THE PRODUCTION OF “SAMSON” / LONGWOOD GARDENS VISIT**

Come join us on Wednesday, June 8<sup>th</sup> when we'll be leaving Foxborough at 6:30 a.m. and traveling via motorcoach for a 3 day/2 night trip to Pennsylvania to experience the Sight and Sound Theater's latest, greatest, and newest production; the biblical story of “Samson.” Our hotel accommodations will be at the brand new 4-star Double Tree by Hilton hotel in central Reading, PA where we will be welcomed by a private wine and cheese reception. Following dinner on our first evening, we'll see a brand new musical show. On our second day, we'll travel into neighboring Lancaster County, the home of Pennsylvania's Amish and Mennonite people. Our first stop will be in the town of Lititz for a special program called “Chalk Talk,” a 90 minute look into the lives of the Plain People. We will also visit the Kitchen Kettle Shopping Village before taking our seats at the Sight and Sound Theater for “Samson.” One of the most captivating stories in the Bible, Samson is the world's first superhero. “Samson” is filled with colorful characters, extraordinary feats of strength and amazing special effects. On our third day we will travel to Kennett Square, PA where we will spend time visiting the beautiful Longwood Gardens; 1,077 acres of gardens, woodland and meadows in the Brandywine Creek Valley and one of the premier botanical gardens in the United States. We'll arrive home at approximately 9:30 p.m. on the evening of Friday, June 10<sup>th</sup>. This trip has been arranged for us by the group tour specialists at Tours of Distinction. The cost per person is \$463 for a double, \$430 per person for a triple and \$557 per single. For information or to sign up for this trip, please call the senior center at 508-543-1252.

### **INCOME TAX ASSISTANCE**

#### **AARP TAX ASSISTANCE**

Free income tax assistance is available for seniors through the Tax Aide Program of the American Association of Retired Persons (AARP). This service is designed to help senior taxpayers with low to moderate income. You will have your income tax forms prepared for you and you will become familiar with the benefits that may be available to you. The AARP representatives will be available at the senior center on Wednesday afternoons and Thursday mornings. Call the senior center at 508-543-1252 to schedule your appointment. Prior to the date of your appointment, please come to the senior center to pick up the “Tax Preparation Packet.” This paperwork must be completed and brought with you to your appointment.

### **MEDICAL INFORMATION AND SERVICES**

#### **S.H.I.N.E**

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. The next appointments are being scheduled for April 5<sup>th</sup> and 21<sup>st</sup>. In addition to the SHINE program, Social Worker Pam McGuire and Human

Services Coordinator Cathy Varnum are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Cathy, call the senior center at 508-543-1252 to set up and appointment.

### **PODIATRIST**

Dr. Willinsky, Board certified by the American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of every other month at 12:00 noon. Dr. Willinsky's next visit to the senior center has been scheduled for Monday, April 4<sup>th</sup>. Clients are seen on a first come first serve basis. The cost to see Dr. Willinsky is \$20 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation to the senior center, so please call 508-543-1252 to set up an appointment for a ride.

### **REGULARLY SCHEDULED** **LUNCHEON OUTING**

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to The Chateau Restaurant on Wednesday, March 30<sup>th</sup> at 1:00 p.m. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1252 to sign up by Monday, March 28<sup>th</sup>. Van transportation is available.

### **JOIN US FOR TAI CHI**

Come and try a Tai Chi class. Tai Chi is held on Mondays from 10:30 a.m. to 11:30 a.m. Our instructor, Jeanne Donnelly, has been teaching exercise for many years. In addition to her Tai Chi instruction, Jeanne is a personal trainer and teaches Qi Gong and Yoga. There is a \$2 charge for each class. Take advantage of this great opportunity to try something new and fun for your general well-being. Come ready to move and stretch in your loose clothing and sneakers or comfortable flat shoes. Thank you to the Friends of Foxborough Seniors for their partial funding of this program.

### **STRENGTH TRAINING**

Our Wednesday morning exercise classes begin at 8:30 a.m. every week and feature stretching routines and exercises that focus on the stomach, legs, arms and shoulders. During our class we also use small hand weights as we work on our conditioning and our strength training. YMCA-certified instructor Bobbie Rodman leads our class, and there is a \$2 charge for each class. This class is open to both men and women, so come join us. It is a great opportunity to get in shape and have lots of fun at the same time.

### **BINGO – BRING A FRIEND – ALL ARE WELCOME**

Come and join us for Bingo at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Bring a friend. Seniors from surrounding towns are welcome! Our next Bingo afternoon will be on Tuesday, April 5<sup>th</sup> from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1252 to let us know if you'll be joining us. This event is sponsored by the Friends of Foxboro Seniors.

### **SHOPPING**

We will be going to Shaw's on Mondays at 1:00 and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on a Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:  
March 30 – The Chateau Restaurant  
April 6 – Christmas Tree Shop/Trader Joe's

### **MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.**

**If you plan to dine at the mealsite, please give Marcia at least two days notice by calling 508-698-0754.**

**The suggested donation for a meal is \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.**

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

**Monday, March 28**

Beef Burgundy with Noodles

California Blend Vegetables

Oatmeal Bread

Peaches

Sodium 429

Calories 570

**Tuesday, March 29**

Spanish Omelet

Spanish Rice

Genoa Blend Vegetables

Tropical Fruit

Whole Wheat Bread

Sodium 605

Calories 451

**Wednesday, March 30**

Tuna Noodle Casserole

Roman Blend Vegetables

Oatmeal Roll

Birthday Cake

Sodium 711

Calories 503

**Thursday, March 31**

Honey Glazed Chicken

Parslied Mashed Potatoes

Oriental Vegetables

Wheat Bread

Pears

Sodium 586

Calories 511

**Friday, April 1**